

# Chronic Disease Connections

An e-bulletin created for healthcare systems working with patients to control their diabetes and high blood pressure.

## Health Promotion is Newsworthy . . .

### **2015 U.S. News and World Report Recognized Hospitals**

The hospitals recognized by the American Heart Association/American Stroke Association push hard to make sure their heart disease and stroke patients get the benefits of scientific guidelines-based treatment. [Check-out which Iowa Hospitals were recognized.](#)



## Prediabetes and Diabetes News . . .

### **New data: Diabetes, prediabetes affect 1 in 2 adults--but there's hope**

Close to half of all adults in the U.S. have type 2 diabetes or prediabetes (which puts them at high risk of type 2 diabetes), according to a new study published in *JAMA*. 12-14% of adults had diagnosed or undiagnosed type 2 diabetes and 37-38% had diagnosed or undiagnosed prediabetes in 2011-2012. The American Medical Association and Centers for Disease Control and Prevention recommend healthcare providers screen and test their adult patients for prediabetes and refer patients with prediabetes to the National Diabetes Prevention Program. A toolkit developed by AMA and CDC for healthcare providers is available [here](#). [Here](#) is a link to the full *JAMA* article. A list of National Diabetes Prevention Program sites in Iowa is available [here](#). If you have questions about prediabetes and diabetes prevention programs in Iowa or would like to learn more, please email [katie.jones@idph.iowa.gov](mailto:katie.jones@idph.iowa.gov).

### **Adding Acetylsalicylic Acid in Primary Prevention in T2D** (Medscape Article-reader will need to register to download)

Research was conducted to evaluate the relevance of adding acetylsalicylic acid (ASA) in primary prevention in subjects with type 2 diabetes mellitus. The results were that all biomarkers considered were significantly improved by the ASA addition. These data suggest that the use of ASA in primary prevention could be useful in patients with type 2 diabetes mellitus and hypertension.

### **5 steps to help patients prevent diabetes**

In the average primary care practice, up to one-third of patients age 18 and above—and up to one-half age 65 and above—could have prediabetes, which can progress to type 2 diabetes. Learn how to help your patients prevent type 2 diabetes in five steps. [Read more](#) at *AMA Wire*.

### **Google, Sanofi Team up to Improve Diabetes Care** (Medscape Article—reader will need to register to download)

Google Inc. and French drug maker, Sanofi SA, said they will partner to develop tools to improve the management and treatment of diabetes. Sanofi will work with Google's life sciences team to collect, analyze and understand information impacting diabetes, which is expected to affect 592 million by 2035, according to the International Diabetes Federation.

## What's new about



**Better Choices, Better Health**  
*Put Life Back in Your Life*



Do you see a high percentage of patients with a chronic condition such as arthritis, diabetes or heart disease? An important and helpful tool for your patients is chronic disease self-management. This evidence-based, low-cost program (*Better Choices, Better Health*) is available to help individuals learn self-management techniques that can reduce symptoms of the chronic condition and improve quality of life.

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/chronic-disease-facts/>. Physicians are encouraged to refer patients to *Better Choices, Better Health* workshops available in many communities.

For more information, contact Marilyn Jones, (515) 281-6047.



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## Million Hearts® Initiative Update

**Your health system could be the FIRST Iowa Million Hearts Hypertension Control**

**Champion! CDC/Million Hearts is NOW Accepting Nominations for 2015 Million Hearts®**

**Hypertension Control Challenge.** We know that better blood pressure control is achievable. Since its launch, Million Hearts® has recognized **41 Hypertension Control Champions** for their successes in achieving greater than 70 percent control among their patients with high blood pressure. This year, Million Hearts® wants to recognize more Champions through the **2015 Million Hearts® Hypertension Control Challenge**. Clinicians, practices, and health systems that provide continuing care and have achieved hypertension control rates greater than 70 % are eligible to enter. We also know that many Iowa health systems are doing great things and have reached 70% control—so step forward and submit an application! **The Challenge is open August 18 through 11:59 PM on October 31, 2015**

Questions about the Challenge should be directed to [millionhearts@cdc.gov](mailto:millionhearts@cdc.gov) with "Challenge" in the subject line.



## The latest on the ABCS...

### Aspirin Use

**People in Their 50s Benefit Most from Low-Dose Aspirin, Report Says**

09/14/2015 Heart-disease preventive may simultaneously reduce colon cancer risk, task force suggests. People in their 60s also can take low-dose aspirin to reduce their risk of heart attack and stroke, but they will not benefit as much, the U.S. Preventive Services Task Force stated in a set of draft recommendations issued recently. The new guidelines serve as a refinement of the task force's last set of aspirin recommendations. Published in 2009, they suggested that low-dose aspirin could help men 45 to 79 and women 55 to 79 prevent heart disease.

### A1c

**Higher HbA1c levels tied to increased dementia risk in adults with type 2 diabetes**

The *Wall Street Journal* (9/16/2015, Molin, Subscription Publication) reports that according to the findings of a 350,000-patient study presented at the annual meeting of the European Association for the Study of Diabetes, control of blood-sugar levels in adults with type 2 diabetes (T2D) may help reduce the risk of developing dementia. *HealthDay* (9/16/2015, Dallas) reports that after adjusting for confounding factors, researchers "found that those with HbA1c levels of 10.5 percent or higher were 50 percent more likely to be diagnosed with dementia compared to people with HbA1c levels of 6.5 percent or less." *MedPage Today* (9/16/2015, Susman) reports that another finding of the study "was that a diagnosis of dementia carried with it a poor prognosis," as evidenced by the fact that approximately "60% of the patients who were diagnosed with dementia had died within 10 years," which "compared with a mortality of 30% of patients who were not diagnosed with dementia."

**Get Ready for National Diabetes Month 2015!**

**This November, the National Diabetes Education Program (NDEP) will promote the theme *Diabetes Education and Support: Everyone Has a Role. What's Yours?* The theme highlights the need for ongoing diabetes education and support for people with diabetes and those who care for them.**

## Blood Pressure Control and Management

**Major Study Calls for Even Tighter Control of High Blood Pressure**

Aggressive treatment cut rates of heart attack, heart failure and stroke by one-third, deaths by one-quarter. Doctors should control high blood pressure much more aggressively than current guidelines suggest, to best reduce the risk of heart attack and stroke in people 50 or older. That's the message behind the potentially game-changing results of a U.S. National Institutes of Health study released Friday. The findings were so striking that federal health officials ended the study more than a year early so they could share the "potentially lifesaving information" with the public. Researchers found that a target systolic pressure of 120 reduced rates of heart attack, heart failure and stroke by almost a third, compared with the currently recommended target pressure of 140 for people under age 60 and 150 for seniors.

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## **The one video you need for accurate blood pressure readings**

Verify that you're getting the most accurate blood pressure readings from your patients by using this quick video. [Read more](#) at *AMA Wire*®.

## **Take a deep breath before adopting new blood pressure targets – Opinion** (Washington Post)

The 9/12/2015 front-page article "[Blood pressure targets lowered](#)" cited the results of a [National Institutes of Health study](#) declaring that people older than 50 will benefit dramatically from lowering their blood pressure below 120. The study has yet to be published, but, according to those The Post interviewed, the results are definitive and life-saving.

## **Cholesterol Control and Management**

### **Gut Bugs May Affect Body Fat, 'Good' Cholesterol Levels**

09/10/2015 But finding does not prove certain intestinal bacteria determine size of one's waistline.

### **NY Times voices concern at price of new medicines to treat high cholesterol**

The [New York Times](#) (9/8/2015, A26, Subscription Publication) editorializes that Praluent (alirocumab) and Repatha (evolocumab), "two new, powerful and expensive drugs to treat very high cholesterol, are raising concerns about the ability of public and private insurers to pay and whether the benefits the drugs bring will outweigh their long-term costs." The Times asserts that physicians "should keep patients who don't need the new drugs on statins, which cost pennies a day and are generally safe and effective." It also urges "public and private insurers...to press hard for bigger discounts."



## **Smoking Cessation**

### **Iowa Students for Tobacco Education and Prevention (ISTEP) launch new student-friendly website**

Iowa Students for Tobacco Education and Prevention (ISTEP) has launched a new student-friendly website at [www.iowastep.org](http://www.iowastep.org) which serves as an information network to students and school staff about tobacco prevention activities in the State of Iowa. The website was built with the user in mind utilizing a mobile-first approach providing a consistent user experience both at home and from any mobile device. Other highlights include a real-time social media feed, streamlined navigation and a simple youthful design displaying clear and consistent content. The site stemmed from a desire to open a new dialogue with youth in Iowa and to provide a centralized hub for tobacco prevention information. The [website](#) provides teens the ability to find a local ISTEP chapter in their community and allows adult sponsors to register their chapter. Visitors can easily find information about tobacco prevention and upcoming events in their areas.

## **Plan for Awareness Activities at your Clinic !**



### **Health Literacy Month**

[helen@healthliteracy.com](mailto:helen@healthliteracy.com)

### **Healthcare Quality Week**

October 18-24

[www.nahq.org](http://www.nahq.org)

### **Pharmacists Month**

[www.pharmacist.com.aphm](http://www.pharmacist.com.aphm)

### **Physician Assistants Week**

October 6-12

[www.aapa.org/paweek](http://www.aapa.org/paweek)

### **Medical Assistants Recognition**

**Week** October 19-23

[www.americanmedtech.org](http://www.americanmedtech.org)



### **American Diabetes Month**

[www.Stopdiabetes.com](http://www.Stopdiabetes.com)

### **Diabetes Education Week**

November 1-7

[www.diabeteseducator.org](http://www.diabeteseducator.org)

### **Family Caregivers Month**

[www.caregiveraction.org](http://www.caregiveraction.org)

### **Great American Smokeout**

[www.cancer.org/smokeout](http://www.cancer.org/smokeout)

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## New Resources for Healthcare Providers

### **The St. Johnsbury Community Health Team Model. April 2015.**

The purpose of this implementation guide is to describe key lessons learned from the evaluation of the St. Johnsbury, Vermont Community Health Team (CHT) Model. This document is intended for public health practitioners who are interested in implementing a public health approach that is both a multi-disciplinary coordinated team effort and promotes community-clinical linkages within their communities. Example users of this document include hospital or health system administrators, community based program implementers, or state health department program managers. Using lessons learned from the evaluation, this document includes considerations when trying to replicate this approach in different settings and with different audiences. The document is organized into five main sections: 1. Introduction , 2. Getting a Community Health Team Started in Your Community , 3. Core Elements of the St. Johnsbury Community Health Team , 4. Program Monitoring and Evaluation , and 5. Conclusions. Readers are encouraged to consider the unique needs and assets of their specific target audience, as well as the unique characteristics of their setting. These considerations will allow practitioners to tailor the delivery of core elements as needed to better adjust the program to a specific context.

### **Explore Promoting Medication Adherence in Diabetes**

NDEP's *Promoting Medication Adherence in Diabetes* web resource has resources to help health care professionals improve medication-taking behavior in their patients. The *Scientific Evidence* section has research and review articles that address a wide variety of medication adherence topics, such as assessment, barriers, and interventions.

### **Tools and Resources: State Strategies to Improve Health and Control Costs**

CDC, in partnership with the National Governors Association and the Center for Medicaid and CHIP Services, has recently developed tools and resources on state strategies to improve health and control cost that will provide public health stakeholders, governors' offices, and Medicaid directors with specific, evidence-based population health strategies that can be integrated into healthcare delivery systems to improve health outcomes and reduce the cost of care within five years. The resources give statistics about the health burden and information about the economic costs associated with improving tobacco control, improving asthma control, and preventing tooth decay.

### **Mission: Lifeline® Webinar: STEMI Hospital Accreditation Informational Event**

Learn how your hospital can become an accredited Heart Attack Receiving Center or Heart Attack Referring Center! The American Heart Association and Society of Cardiovascular Patient Care are hosting an informational webinar on the benefits of Mission: Lifeline® STEMI Accreditation and its impact on STEMI care. This webinar is an excellent resource for both prospective and accredited hospitals and will feature experts from SCPC and AHA who will review and highlight changes to the 2015 Mission: Lifeline STEMI Accreditation Requirements. [Register Now](#)

### **Metformin Link to Vitamin B12 Deficiency, Neuropathy in Diabetes (Medscape Article)**

Metformin-related vitamin B<sub>12</sub> deficiency might contribute to clinically significant peripheral neuropathy in diabetes patients, new research suggests.

### **Need a New EHR for ICD-10? 12 Questions to Find Out**

Beginning on October 1, 2015, all medical coding in the United States must be transitioned to ICD-10. Private practices have been frantically preparing for the switch, which has been labeled the biggest change to modern American medicine. Although it will take significant time and financial resources, you can't afford to wait any longer. Verifying that your EHR and practice management bundle (or separate system) is up to the ICD-10 challenge may be the most important step to ensuring your own compliance. This guide provides 12 critical questions that every private practice must ask its EHR vendor, or risk being left high and dry come October 1, 2015. Your answers may tell you if it's time for a switch.

[Download Here](#)

## **The Iowa Department of Public Health -- Health Promotion and Chronic Disease Control Partnership**

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